

Parents,

The summer heat is bearing down on us and many opt to use the grill this time of year, whether it be from an apt. balcony, a backyard, or one of the many recreation areas. Many overlook vegetables, or if they do grill vegetables it's usually corn. My tip:

Kids love grilled vegetables. This time of year brings us some of the freshest, cheapest, vegetable options to enjoy. Try slicing yellow squash, tomatoes, eggplant, zucchini and many others into large 1/4" thick slices (so they don't fall through the grates). Spray them with non-stick spray before grilling, and sprinkle with a little seasoning. Place the slices on the grill and cook, turning once until done to your likeness.

Recipe:

Zucchini, sliced 1/4" on the diagonal

Yellow Squash, sliced 1/4" on the diagonal

Eggplant, sliced 1/4" lengthwise

Large Tomato, sliced 1/4"

Combine all except the tomatoes and toss in a vinaigrette made with 2 tablespoons balsamic vinegar and 1/4 cup olive oil (the cheapest, don't use extra virgin olive oil for grilling). You may add seasonings like oregano, thyme, a pinch of seasoned salt, and pepper. Once the squashes and eggplant have been tossed, place them on the grill, then add the tomatoes to the leftover marinade and toss. Place the tomatoes on the grill after tossing. When the vegetables look dry on the edges, it's a good time to see they have gotten color (grill marks) on the underside. If so, flip them and continue cooking until done to your likeness (there is no underdone for this recipe as any of these vegetables can be eaten raw). Enjoy!

Chef Jeff